

# BEBASHI

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R I S K R E C O G N I T I O N I N  
A B U S I V E R E L A T I O N S H I P S  
C U R R I C U L U M

Women and AIDS Project

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## Agenda For Risk Recognition In Abusive Relationships

- I. BEBASHI OVERVIEW
- II. Discuss Abuse and It's Impact On HIV Prevention
  - A. Power and Control In Relationships
  - B. Do Ideal Condom Negotiation Roleplay (three minutes)
  - C. Facilitate discussion of differences/difficulties abused women face in prevention negotiation with abusive partners.
- III. What Is AIDS?
  - A. Explain HIV Virus
  - B. AIDS caused by HIV virus. Attacks immune system
    1. Explain Immune System
      - a. Immune system part of body fights germs.
      - b. Immune system creates antibodies.
      - c. Antibodies take 3 weeks to 6 months to develop.
- IV. How Do We Get It?
  - A. Sexual Contact
    1. Man to Women
    2. Man to Man
    3. Women to Women

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4. Discuss Body Fluids

- a. Anal Sex
- b. Oral Sex
- c. Penis to Vagina

B. Sharing Needles (Works)

- 1. Discuss how all drugs put one at risk

C. Blood Transfusions

V. Standard Prevention Options

- A. Abstinence
- B. Monogamy
- C. Masturbation/Toys (Use Audience Discretion)
- D. Condoms/Dental Dams/Fingercots

VI. Viable Prevention Alternatives For Abused Women

- A. Diaphragm with Spermicide
- B. Spermicide
- C. Condom negotiation in other sexual involvements

VII. HIV Testing

- A. Test for Antibodies only ( 3 weeks-6 months to develop antibodies)
- B. Free
- C. Anonymous vs Confidential Testing
- D. BEBASHI test site

## I. BEBASHI Overview

- A. The facilitator provides the audience with an overview of BEBASHI's history, message and methods of providing education and information to the African American Community.

## II. Discuss Abuse and It's Impact on HIV Prevention

- A. Discuss Power and Control in Relationships.

The facilitator introduces the concept of power and control to validate abused womens' experiences in relationships.

Women who are survivors of domestic violence often report that most information they receive about AIDS prevention ignores the reality that most standard prevention options are not negotiable in unequal power base relationships.

A handout is presented to give visual image of the power and control concept. This is especially helpful to women with literacy deficiencies. The power and control wheel expands on various types of abuse, but the primary focus of the educator becomes to assist women in making connections between their reality and the possibility of HIV infection. One discussion question is presented to facilitate exchange between participants. Interchange between women allows for recognition of common experiences and similarities.

Question 1. How has sexual abuse affected how you feel about yourself?

- B. Do Roleplay

The educator encourages women to participate in an ideal role-play which denotes condom negotiation in a relationship without violence. During this time clients come face to face with what is different for them when attempting or thinking about negotiating options for STI prevention.

- C. Co-Facilitator - Discussion/Condom/Negotiation

Condom negotiation for abused women is different simply because women are systematically stripped of any power in their relationships. Abused women often relay that requesting condom usage usually results in accusations by the abuser of infidelity and consequently provoke violent attacks.

Two (2) women volunteer to stage an ideal situation where they have power to get partner to use condom with little to no resistance. Women then discuss the "realness" of this situation in comparison to their own.

### III. What Is AIDS?

- A. This AIDS 101 presentation acknowledges the presence of abuse and its effect on sexual relationships. Abuse survivors, often require help to recognize available standard STI protection options. Additional viable protective alternatives that do require consent of partners are also presented.

With the help of blackboard and newsprint educator provides detailed information what AIDS.

### IV. How Do We Get AIDS?

- A. In this section fears and myths about HIV transmission are discussed. Risk factors for HIV Infections are discussed in terms of behavior. Specific reality based explanations are provided for sexual acts as well as honest assessments of the risks factors involved.

An audience exercise is presented where participants define sexual acts in slang terms. This game not only engages the audience but empowers the audiences to define oral sex, anal sex, and penile - vaginal sex.

### V. Standard Prevention Options

- A. Standard Prevention Options include those used for most audiences. Abused women are encouraged to choose what options work for them. Even though they may be presently primarily involved in an abusive relationship sometimes women may have sexual involvements with other partners with whom they may be able to negotiate condom usage. It is vital to focus on the interplay between self-esteem and using protection even in abusive relationships.

The standard prevention options: abstinence, monogamy, safe use of toys, and latex are discussed as ideal options that may not be possible in abusive relationships. A condom and dental dam demonstration is done and the women are encouraged to have "hands on" contact with latex and lubricants.

### VI. Viable Prevention Alternatives For Abused Women

- A. These options are presented because they do not require consent from a partner prior to use. Ideally these are not the most effective prevention methods, but we discuss with the women that using something is better than using nothing at all. Drug abuse and sexual activity are often interrelated in an abusive relationship.

- B. Many women are required to perform sexual favors with acquaintances of the abuser in exchange for drugs. Sometimes abused women may be drug addicted and "trick" to get drugs.

Samples of spermicide and diaphragm are passed within audience and their proper use is discussed. We discuss advantages and disadvantages of these options vs. ideal options.

## VII. HIV Testing

- A. Many women in shelters, especially abused women in shelters have been tested or have considered testing. They report that they feel that many of their abusive partners have sexual contact with other men and women. Women report increased concern and fear about contracting the virus, however, they say they're overwhelmed with the daily chore of surviving domestic violence in their homes.

At this point in the presentation women have correlated their health habits sexual history with their partners and usually express numerous fears.

AIDS has become a real concrete issue and knowledge of their own possible HIV positivity is very threatening.

Educators stress counseling and provide referral material to BEBASHI's Test Site to address women's fears by providing accurate information.